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HOW
TO
TAKE CARE
OF
THE BABY

THE LITTLE BLUE BOOKS
MOTHER'S SERIES

ISSUED BY
DEPARTMENT OF PENSIONS AND NATIONAL HEALTH, CANADA
OTTAWA

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1931

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where she learned the secret."

—"The Corner of Harley Street."



W. J. Turnbull "I AM HAPPY," SAYS THE BABY

DOMINION OF CANADA
DEPARTMENT OF PENSIONS AND NATIONAL HEALTH

HOW TO TAKE CARE OF THE BABY

BY

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THE LITTLE BLUE BOOKS
MOTHER'S SERIES

OTTAWA
F. A. ACLAND
PRINTER TO THE KING'S MOST EXCELLENT MAJESTY
1931

"The smiling baby came to give us glee."

—*Hartley Coleridge*

"The child is itself a gift, first to parents cut
of the infinite, then by them to the eternal."

"For where e'er the sun does shine,
And where e'er the rain does fall,
Babes should never hunger there,
Nor poverty the mind appal."

—*William Blake.*

Darwin when asked what he considered the most outstanding characteristic of woman said—endurance. "For," said he, "what man would carry a baby one mile—yet a woman will carry it all day if necessary." Now recent experimental work goes to show that endurance though giving no outward sign involves an expenditure of energy.

—*Lady Barrett, M.D.*

HOW TO TAKE CARE OF THE BABY.

"We are expecting one of these at our house any day now."

It was in a railway car about fifty miles west of the town of Z. The speaker was a young man of twenty-four. His two Aunts-in-law, who liked him very much, had told me all about him at lunch that day. They had brought up his wife, and they explained to me in confidence about the state of affairs, laying stress on the shyness of the young husband, so soon to be a father, and saying that he would likely be on the west-bound train that evening because he had been in Z that day and would be going home."

"Please send her 'The Canadian Mother's Book,' " said the Aunts, "but don't say anything to him about it, he is very shy on the subject. They are both so young, you know."

It was the baby in the opposite seat who did it. She was a nice baby. Escorted by her Father and Mother, she was making her journey westward on her first railroad trip, surely.

The Father-To-Be looked at the Baby and the Father and the Mother and watched how they took care of her. They had a pillow with them. And they "turned over" the opposite seat, the way we all do, and placed the pillow

the long way of the seat, and laid the baby on the pillow. She was the picture of comfort. Sometimes she slept, and sometimes she talked to herself, and sometimes she just laughed. After watching her for an hour or so, his shyness must have vanished, for he turned to me and said:

“We are expecting one of these at our house any day now.”

Taking care of the baby is a very important occupation. No Baby....No Nation!

Fathers and Mothers make the Homes and the Homes make the Nation. But the Father and the Mother can hardly make the Home without the Baby to help them.

As in other occupations, a study must be made of this occupation of bringing up the baby. You need to learn the rules and the skill of it. Like every other business, it is simple—when you know. But when you do not know, it is very perplexing.

Would you like a copy of “The Canadian Mother’s Book.” It is not a big book. You could put it in your pocket, Daddy. It is published by the Canadian Government for every Canadian Mother who wants it. Most of the book is for the Father too, as well as the Mother.

If you take care of the Mother then she can take care of the Baby. The Father is the only one who can really take care of the Mother and the Mother is the only one who can really take care of the Baby.

Send a letter or post card giving your address and saying that you would like your copy of "The Canadian Mother's Book." Address it this way

O. H. M. S.

Free —

The Deputy Minister,
Department of Health of Canada,
OTTAWA.

No stamp is needed. Post it, and we will do the rest.

This book tells you about taking care of the Mother before and after the Baby is born, and also about how to "Get the Baby Started Right" so that he will be strong and healthy and grow and thrive and be contented and good-natured, and sleep well at night. The rules are very simple, but you must keep right to them.

Taking care of the Mother is the only way to take proper care of the Baby and "The Canadian Mother's Book" is intended to help to take care of them both.

But now about taking care of the Baby.

The Father-To-Be.

The Father's share in taking care of the baby is very important. The future of the Family and the Nation depends on his thrift, industry and wisdom in making a good home and on his kindness to his wife and family.

"Daddy! Are you on the Job?"

Do not let your wife do too heavy work. Help her all you can. When she tells you the Great Secret—take her to the doctor right away to make sure that all is well with her. Cheer her up. If at any time now she is not very well, or is troubled with headache, or any other ailment, be sure she sees the doctor and gets help. He can help her—and he will. Don't let her work too hard.

Dear Mother-To-Be.

The first, best and only way to take care of the baby is for you to take care of yourself. So when you know, or think, that there is to be a baby—your own baby—go to your doctor, or if you cannot afford a doctor just now, go

to the nearest good Hospital or "Clinic" or "Health Centre" and have the advice and care of the doctor and the nurse all along.

This is the greatest and best news that you have ever had. You are to be a Mother. Be joyful and be prepared. You should be well, and if you go to the doctor in time, good care and good advice and prompt treatment of anything that is wrong will prevent trouble.

Do what the doctor tells you. Arrange in good time for a doctor and a nurse, or arrange to go to the Hospital.

And send to us for a free copy of Your Book—"The Canadian Mother's Book." It will help you and answer the questions you want to ask.

THE RULES.

You know how people keep well. Healthy people are the people who every day keep a cheerful heart—and—

1. Eat three meals of plain, simple nourishing food. Meat or fish once a day, plenty of milk, eggs and bread and butter, well-cooked vegetables and green vegetables, oatmeal and brown bread and fruit.

2. Take three drinks of water every day between meals.

3. Keep themselves fit by a walk in the fresh air or other exercise.

4. Sleep from eight to ten hours with the window open, and lie down to take a few minutes rest whenever they are too tired. (During the months just before the baby is born the Mother should sleep in a single bed by herself, if possible.)

5. Save themselves unnecessary fatigue.

6. Dress comfortable and sensibly. No tight bands or garters.

7. Keep the outside of the body clean by a bath and the inside clean by drinking water and going to the toilet regularly at the same hour every day.

8. Keep the house clean, well aired and comfortable.

After the Baby is Born the Mother Should

1. Stay in bed ten days.

2. Do little or no work of any kind till the baby is about six weeks' old and her strength returns.

3. Eat the same good food and take more milk and other fluids.

The doctor should see the Mother again when the baby is about six weeks old to make sure that the Mother is quite recovered and that the baby is all right. Ask your husband and the doctor if the Baby's Birth is Registered and see that it is. **IT SHOULD BE.**

The Baby's First Lesson.

HOW TO BREATHE.—From out his first home and cradle in the body of his Mother he plunges into the ocean of air—draws his first breath and utters the birth cry. He has breathed and learned his first lesson. He is alive.

The Baby's Second Lesson.

HOW TO NURSE.—The baby knows how to nurse at birth. He needs a little coaxing perhaps and encouragement and teaching and patience, but he knows how, and can do it best within six hours after birth. Be sure he nurses before he is twelve hours old. Then the baby learns his second lesson. He can nurse. He will live and thrive.

THE ONE BEST WAY.

Nursing.

Every Mother can nurse her baby. It is true. It is better for the Mother—easier, cheaper, safer. It is far, far better for the baby. If you nurse him, your baby is almost certain to live and thrive and have good teeth and a good constitution. If you feed him in any other way the chances are against the baby. Nurse the baby. It is the One Best Way.

The Baby's Time-Table.

BIRTH TO FOUR MONTHS.

6.00 a.m.—Nursing.
 Sleeping.
 8.30 a.m.—Bathing, dressing, toilet, play.
 9.00 a.m.—Nursing.
 Sleeping.
 12.00 noon—Nursing.
 Sleeping.
 3.00 p.m.—Nursing.
 5.30 p.m.—Bathing, dressing, toilet, play.
 6.00 p.m.—Nursing.
 Sleeping.
 10.00 p.m.—Nursing.
 SLEEPING—22 hours.

FOUR MONTHS TO NINE MONTHS.

6.00 a.m.—Nursing.
 Sleeping.
 9.30 a.m.—Bathing, dressing, toilet, play.
 10.00 a.m.—Nursing.
 Sleeping.
 2.00 p.m.—Nursing.
 Sleeping.
 5.30 p.m.—Bathing and dressing, toilet and
 play.
 6.00 p.m.—Nursing.
 Sleeping.
 10.00 p.m.—Nursing.
 SLEEPING—20 hours.

Keep Right to the Time-Table.

It gives the baby a good start in life, with good habits of eating, sleeping, bathing, toilet and recreation. Watch him Live and Thrive. Regular habits are Best for the Baby.

Water.

From the first the baby should have a little boiled water from a tiny spoon two or three times a day. He needs a drink of water as much as we do.

Babies from about one month old may have a little sweetened, strained juice of fruit, such as oranges or peaches or apples, once or twice a day. Tomato juice is also good.

The Baby's Bath.

The baby needs a bath every day and then a partial bath again after the 6 p.m. nursing. The room should be warm—about 70 or 75 degrees for a new-born baby and about 65 to 70 for a six months' baby. The water should be about 100 degrees at first and about 95 to 90 degrees when the baby is six months old.

Always keep the baby perfectly clean and let no unclean thing touch him. When changing the diaper use good white soap and warm



BATHING THE BABY *W. J. Turnbull*

water to cleanse the parts of the body covered by the diaper, then dry gently with a soft towel. Do not rub. Do all this most gently. Then apply a little white vaseline. It is better than powder.

The Cord.

Do not wet the cord when bathing the new-born baby. Powder it well with boric acid powder and dress with a piece of clean gauze. Old linen scorched over a flame will do instead of gauze. The cord will drop off in about eight days. Then care for the little scar just the same way.

The Baby's Clothes.

The baby's clothes should be warm, simple, loose, soft, light, washable, clean.

Blanket—Old, soft, clean. To receive and wrap baby when born.

Bands—Three; these are 6 inches wide and 27 inches long, made by tearing up $\frac{3}{4}$ yard of soft, light-weight flannel to the right size. Do not hem.

Knitted Bands—Three; with shoulder straps above and a tab below.

Nightgowns—Three; soft, lightweight flannel

Undershirts—Four; knitted or woven, with long sleeves, made of wool, wool and silk or wool and cotton, and with a tab to pin to the diaper.

Petticoats—Four; soft lightweight flannel. Cut long and in one piece with wide shoulder-strap and, if you like, small box-plaits.

Dresses or "Slips"—Six; white cotton or soft muslin.

Diapers—Four dozen; soft, absorbent, easy to wash. Size: 18 to 22 inches square.

Bootees—Three pairs.

Stockings—Three pairs, to be pinned to diapers.

Knitted Jacket—One. For use in house.

Shawl—A thirty-six inch "Square" of flannelette or baby-flannel makes a good shawl for a new-born baby. A white silk ribbon binding looks pretty. Fold it round the head and shoulders to protect the eyes from too much light and to keep him warm. New babies all like to have their heads covered. The world is too big for them at first.

Coat and Hood for outdoors—Coat made long to turn up and button at the bottom. No sleeves. Like a sleeping-bag.

Mittens—1 pair, white woollen.

This outfit will last for a year.

That's All Right.

Now don't feel badly for one minute if you cannot give your baby all these things. If you nurse him and keep him warm and clean and dry and happy you are a Good Mother to him. You are doing fine.

Diapers you can wash out easily are the best. Have a good supply of diapers. Never use a soiled diaper again before washing it. Cleanse, wash, and boil them before drying and ironing.

For the Baby's Bath and Toilet.

Foot-bath or baby's bath.

Soap, white Castile, 2 cakes. Use one cake for a pin-cushion.

Boric acid powder, one pound.

Sterile gauze, quarter pound (or thin, old linen boiled).

Sterile absorbent cotton, quarter pound.

Safety-pins, two dozen, large and small.

Bath towels, two large, old and soft. One

Turkish towel.

Towels, two, old and soft.

Squares of cheesecloth for wash-cloths.

Sterilized.

Medicine-dropper, one.

Tooth-picks, one package.



BROTHER TAKES CARE OF BABY

Glass jars, four, with covers, to hold tooth-pick swabs, swabs for eyes, boric acid solution, oil.

Boric acid solution is made by adding a teaspoonful of boric acid powder to a pint of boiling water.

Swabs are made by twisting absorbent cotton tightly round the end of a tooth-pick, or by twisting a small piece of absorbent cotton with your fingers till it is a small ball with a little "handle."

You can always sterilize things by boiling or baking them.

Light, Air, Sun.

Just what the baby needs. In his own room, if you can. If not, in a quiet room. In warm or fairly mild or sunny weather the baby should be outside.

The Baby's Bed.

Never let the baby sleep with anybody! A big basket with a folded blanket for a mattress and little sheets and then a knitted blanket or comforter for a cover is right for the first year.

Play and Exercise.

Twice a day, remove some of the clothing and lay the baby on a blanket spread over a big bed, to kick and play and amuse himself. Play

with him gently. You and Daddy should take him up in your arms once or twice a day besides the times when you feed him. He likes it and gets to know you.

Baby's Eyes.

Sore eyes in a little baby are very dangerous. Get the doctor this minute.

Nursing and Feeding.

As soon as the teeth appear, he should have something to try them on—such as a crust of bread—or a chicken bone. But watch him carefully when you give him these things. Don't let him choke himself. Stay beside him.

So at nine months he is ready to begin the change from nursing to feeding, called "Weaning." This must be done slowly and gradually. It is a very important event in the child's life. You really began to feed him when you gave him boiled water from a tiny spoon soon after he was born. Then he has had a few drops of sweetened strained juice of a sweet orange, sweet apple or prunes, diluted with boiled water, since he was a month old. This may be increased to a teaspoonful at three months and a dessert spoonful at six months. When the baby is over twelve months, he may have a tablespoonful or more twice or three times a day. The strained juice of other fruits,

or of a ripe tomato, may be given at six months. Give fruit juice between nursings.

To Prepare His First Feeding.

Scald out a large cup and put in about six ounces of the best, clean, bottled, pasteurized milk, four tablespoonfuls of boiling water and a small spoonful of white sugar and feed him with the same tiny spoon you have used all his life so far to give him water.

Later on, when the baby is weaned, it may be more convenient for you to prepare the milk for all his five feedings at once. You only need about forty ounces, for now the baby is beginning to eat other things. Take thirty ounces of whole milk, ten ounces of boiling or boiled water. Then pasteurize the milk if it has not been pasteurized already. Keep covered, cool and clean, and add the teaspoonful of sugar to each meal just before you feed the baby.

Milk—the Indispensable Food.

Milk is the indispensable food for children. They cannot do without it. The cow has been well called “the foster mother of the human race.” Little children must have milk to enable them to grow properly. No matter what it costs, milk is still the cheapest food for

children. Children from nine months to two years should have about two pints of milk every day in addition to other food, and it is really a mistake to give them any less till they are about twelve years of age. Three large cups of milk a day is the very least they should have.

Milk Should be Pasteurized.

All milk should be pasteurized. Pasteurized milk should be used within 24 hours after pasteurization, and should be kept cool (40 deg. Fah.), clean, and covered. No other is safe for babies. Ask your medical health officer where you can get pasteurized milk in bottles. If you cannot buy pasteurized milk, you can pasteurize the milk yourself quite easily. Put your pint bottle of milk into a pot or pan of cold water. See that the bottle is almost covered by water. Heat the water to 145 degrees Fah. by the thermometer and let the milk bottle stay in that hot water for half an hour. Or if you have no thermometer, bring the milk nearly to the boiling point. That will make it safe if you give it to the baby as soon as it is cool enough.

Covered, Cool and Clean.

After being pasteurized the milk should be put at once in your ice-box and kept cool, and

it must always be kept covered so that no dust or dirt can possibly get into it.

Feeding the Baby.

MATERNAL NURSING IS THE ONE BEST WAY
FROM BIRTH TO NINE MONTHS OLD.

Nine Months.—Little children must have *Milk* to enable them to grow properly. No matter what it costs, milk is still the cheapest food for children. Children from nine months to two years should have about two pints of milk every day.

Ten Months.—Strained purée of green vegetables. Barley Jelly, Rice Jelly, Oat Jelly.

Eleven Months.—Oatmeal, Cream of Wheat, Farina, and other cereals. Bread and Butter or Toast.

Twelve months.—A taste of the soft part of a baked apple or a floury potato with a little butter or dish gravy may be given when the baby is about eight months old, if he is doing well, but it is safer to wait until he is about a year old. A little bit of a ripe apple may be tried cautiously.

Fifteen Months.—Try a little of the yolk of a fresh egg—perhaps as early as twelve months. Then try a coddled or lightly boiled egg.

Fifteen to Eighteen Months.—At from fifteen to eighteen months he may have a little scraped beef or a morsel of chicken. Also good stewed fruit and a taste of a fresh ripe peach.

Two Years.—Simple desserts and fruit jellies with cream and sugar.

Diet For The Nursing Mother.

Eat the food you are used to. Do not eat anything that you think might give you indigestion. Do not eat too much at any one meal. Eat meat or fish once a day. Eat plenty of vegetables and fruit and good wholesome food.

Drink three glasses of water every day between meals.

Drink all the milk you can. Sip it slowly.

Do not drink strong tea or coffee.

Never drink stimulants.

Exercise.

Take on your regular house work gradually and lie down twice a day to rest for ten or twenty minutes. Take a walk out of doors every day. Fresh air is good for you and your baby. Keep your windows open. Do not do heavy work, nor too much work. Take care of yourself.

“No prouder man can be,
When in her eyes I see
Sweet recognition glow.
It is a foolish thing I know;
For the Great Hand that wrought her
Made other babies so.
—But this one is my daughter!

—Richard Church

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